MC SHaW Center
Follow us on Social Media for Updates on:

- Mobile Market
- Mental Health First Aid
- BITB (Bringing In the Bystander) Workshops
- Mindful Mondays
- Domestic and Sexual Violence Programming

- Grab N Go Snack Bags
- Brain Break
- Lunch on the Go
- Panera Bread DoughNations
- Flu Shots
- SHaW Center Fair

AND MORE....

shawcenter@montgomerycollege.edu
MONTGOMERY COLLEGE

Student Health and Wellness (SHaW) Center for Success

Personal Hygiene Care Campaign

July 1–August 30, 2019

Support Montgomery College students by providing personal hygiene products. While many donations focus on food or clothing, personal care items are needed, too.

Items Needed
Feminine care products, dental floss, toothpaste, toothbrushes, soap, lotion, deodorant, lip balm

Ways to Donate

• Drop Off Donations at Two Locations
  Bring your personal hygiene donations to the fall 2019 Collegewide opening meeting on August 26, 9 a.m., in the Robert E. Parilla Performing Arts Center at the Rockville Campus.
  Drop off your personal hygiene items to the Office of the Senior Vice President for Student Affairs in the Central Services Building (CT), 9221 Corporate Boulevard.

• Order Donations Online for Delivery or Pickup
  Order your personal hygiene items from the online registry at Target or Walmart.
  Target Gift Registry: Visit tgt.gifts/SHAWCENTER
  Walmart Events Registry: Visit walmart.com/cp/events-registry/3774807 and search for Montgomery College SHaW Center.
  Have items shipped directly to the registrant address or save delivery costs and schedule an in-store pickup at the Germantown Target or Walmart. Please authorize Carmen Poston Travis, Director of Student Affairs and Initiatives, to pick up the items.

More Information
Call 240-567-5253 or email shawcenter@montgomerycollege.edu.

Sponsored by the SHaW Center and the MC Chapter of American Association for Women in Community Colleges

Follow Us =https://www.facebook.com/ /mcshawcenter  https://twitter.com/@centershaw

Or visit the SHaW Center website: montgomerycollege.edu/life-at-mc/student-health-and-wellness

MC MONTGOMERY COLLEGE
montgomerycollege.edu | 240-567-5000
Montgomery College is an academic institution committed to equal opportunity.
Community Resource Fair 2019

Sep 19th GT
HT Atrium
11:00am - 1:00pm

Oct 1st TP/SS
ST Atrium
11:00am - 1:00pm

Oct 10th RV
Outside SA & TA
11:00am - 1:00pm

Learn about the organizations serving each area, and their no-cost or low-cost resources.

- Food
- Job resources
- Environmental
- Housing
- Mental Health
- Social
- Medical
- IPV
- Energy-savings

-Receive a free flu vaccine! (RV and TP/SS Campuses Only.)
and more..!

Montgomery County Food Council, Amerigroup, Holy Cross Hospital, and more!

Follow us on social media for more updates:

@mcshawcenter  @centershaw  @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Before you cancel class/If you are giving extra credit... Offer these Everfi compliance courses

- Substance Abuse Prevention
- Sexual Assault Prevention
- Diversity and Inclusion
- Prevention for College Athletics
- Mental Health and Wellness
**Substance Abuse Prevention Suite**

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AlcoholEdu for College</td>
<td>60-90 min</td>
<td>Alcohol awareness, prevention and training for students.</td>
</tr>
<tr>
<td>AlcoholEdu Ongoing Education</td>
<td>25 min</td>
<td>Ongoing alcohol and substance abuse prevention training for students.</td>
</tr>
<tr>
<td>AlcoholEdu for Sanctions</td>
<td>30 min</td>
<td>Sanctions course for alcohol policy violators.</td>
</tr>
<tr>
<td>Prescription Drug Abuse Prevention</td>
<td>30-40 min</td>
<td>Knowledge, skills and tools to help students make healthy, informed decisions about prescription medications.</td>
</tr>
</tbody>
</table>

**Sexual Assault Prevention Suite**

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Assault Prevention for Undergraduates</td>
<td>60 min</td>
<td>Title IX and Clery Act training that engages undergraduate students in fostering healthy relationships and preparing them to recognize and respond to sexual assault and harassment when it occurs.</td>
</tr>
<tr>
<td>Sexual Assault Prevention for Graduate Students</td>
<td>45 min</td>
<td>Title IX and Clery Act training to support graduate students interactions with advisors, faculty members, peers, and undergraduate students (including responding to disclosures).</td>
</tr>
<tr>
<td>Sexual Assault Prevention for Adult Learners</td>
<td>45 min</td>
<td>Title IX and Clery Act training for non-traditional students that emphasizes identifying abuse in long-term relationships and bystander intervention for in-person and online situations.</td>
</tr>
<tr>
<td>Sexual Assault Prevention for Community Colleges</td>
<td>45 min</td>
<td>Title IX and Clery Act training to identify and respond to sexual assault on campus, in the workplace, and at home.</td>
</tr>
</tbody>
</table>
Sexual Assault Prevention (Cont.)

Sexual Assault Prevention Ongoing Education
25 min
Ongoing training that emphasizes healthy relationship skills, tactics for bystander intervention among close friends, and survivor empathy.

Diversity and Inclusion

Diversity, Equity & Inclusion for Students
45 min
Equip students with information and skills to foster a culture of inclusive excellence.

Prevention for College Athletics

Sexual Assault Prevention for Student Athletes
45 min
Student-athlete training to address the NCAA Policy on Campus Sexual Violence.

Sexual Assault Prevention for Athletic Staff
45 min
Training for athletic administrators to address the NCAA Policy on Campus Sexual Violence.

Mental Health and Wellness

Mental Well-Being for Students
30 min
Equip students with information and skills to support the emotional well-being of themselves and others.
Montgomery College understands that when talking about student wellness, mental health must also be included in the discussion. Promoting and fostering mental wellness has been shown to improve academic performance and increase graduation rates.

Along with rigorous course loads, our students juggle full-time jobs, military service, families, and other areas of a full life. The stress that college students, especially community college students, face can lead to more serious problems if not identified early and addressed. Students do not have to face these challenges alone, and the college community has resources and programming, both in the community and on campus, to help students get and stay mentally healthy.

SHaW provides a variety of mental health trainings and events to students, faculty and staff on topics related to Substance Abuse, Eating Disorders, Depression, Suicide and others. Mental Health First Aid is also provided periodically throughout the year on each campus. The SHaW Center runs Mindful Mondays each week during the semester at the Rockville Campus and Brain Break activities at midterms on each campus as a way for students to relieve stress. A running list of events can be found on the Mental Health portion of the SHaW Center website.

**Fall 2019 Events**

Suicide Prevention Month
- Activities Table
  - TPS 9/5- 12-2 ST Atrium
  - RV 9/12- 12-2 Outside TA Building
  - GT 9/19- 12-2 HT Building
- “Recognizing and Responding to a Suicidal Crisis”- James Gilmore, LCSWC (Montgomery County Crisis Center) and Rachel Larkin, MSW (EveryMind)
  - TPS 9/5- 1-2 ST 302
  - RV 9/12- 1-2 CC 205
  - GT 9/19- 12-2 HT 406

Mindful Mondays
• Every Monday September 9th -December 9th from 12-1pm
• Rockville SC 361

Recovery Month
• Local substance abuse providers will be attending September Mobile Markets on each campus to provide information about their programs

Domestic Violence Awareness Month
• “Domestic Violence and Sexual Assault 101” -Lauren Pires, Outreach and Training Program Manager, Asian/Pacific Islander Domestic Violence Resource Project
• October 8th 1pm-2pm TPSS ST 301

Brain Break
• Oct 22nd RV Outside between TA and SS 11am-2pm
• Oct 23rd GT Bookstore Lobby 11am-2pm
• Oct 24th TPSS ST Atrium 11am-2pm

1 in 4 MENTAL HEALTH AWARENESS
Student Health and Wellness Center for Success

Give yourself a little

BRAIN BREAK!

• De-stress and declutter your mind!
• Get involved in fun activities!
• Learn what it means to be mindful!

RV
Oct 22nd
11am - 2 pm
Between the TA and SS buildings

GT
Oct 23rd
11am - 2 pm
Bookstore lobby

TP/SS
Oct 24th
11am - 2 pm
ST Atrium

Follow us on social media for more updates:

@mcshawcenter  @centershaw  @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Domestic Violence & Sexual Assault in the Asian / Pacific Islander Community

October 8th 1pm-2pm TP/SS ST301

Presenter: Lauren Pires
Outreach & Training Program Manager

Gender-based violence is a global epidemic and no one culture is more susceptible to violence. We also know that violence manifests uniquely in each culture and needs cultural specific responses.

In this training, we'll talk about what domestic violence and sexual assault can look like in the Asian/Pacific Islander community and how to build culturally-specific resources for survivors.

Follow the SHaW Center on social media for more updates:

@mcshawcenter  @centershaw  @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Mindful Mondays

Life is stressful, but anyone can learn to cope. Practicing mindfulness can help reduce stress and improve memory.

Join us for a 15-minute guided mindfulness activity, followed by 45 minutes of quiet stress relieving activities.

Every Monday
Sept 9, 2019 - Dec 9, 2019
From 12:00 pm to 1:00 pm

Location:
Science Center 361
Rockville Campus

Follow us on social media for more updates:
@mcshawcenter  @centershaw  @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Suicide Prevention Month

Suicide is the 10th leading cause of death in the US and is on the rise. Many people of all ages and ethnicities have suicidal thoughts, which is why it’s so important to learn what warning signs to look out for and how to talk to someone you think might be suicidal.

Want a chance to win some prizes? Come visit our tables to learn more about suicide prevention and local crisis hotlines from EveryMind and Montgomery County Crisis Center professionals.

TPSS 9/5-12-2 ST Atrium
RV 9/12-12-2 Outside TA Bldg
GT 9/19-11-1 HT Building

"Recognizing and Responding to a Suicidal Crisis."

- James Gilmore, LCSWC (MC Crisis Center) and Rachel Larkin, MSW (EveryMind)

TPSS 9/5-1-2 ST 302
RV 9/12-1-2 CC 205
GT 9/19-12-1 HT 406

Are you in crisis? Call 24/7
(301) 738-2255 (240) 777-4000

EveryMind
Montgomery County Crisis Hotline

@mcshawcenter @centershaw @mcshawcenter
montgomerycollege.edu/life-at-mc/student-health-and-wellness/
The Mobile Food Market offers fresh produce and other foods **at no cost** to MC students, faculty/staff, and the community.

<table>
<thead>
<tr>
<th></th>
<th>Germantown Campus</th>
<th>Rockville Campus</th>
<th>Takoma Park/Silver Spring Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Outside the Student Affairs Building (SA)</td>
<td>Outside North Garage</td>
<td>Outside Student Services Building (ST)</td>
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<tr>
<td></td>
<td>(High Tech (HT) 2nd floor for inclement weather)</td>
<td>(1st floor mobile entrance, North Garage for inclement weather)</td>
<td>(ST atrium for inclement weather)</td>
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<tr>
<td><strong>10 a.m.–noon</strong></td>
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<tr>
<td><strong>Fall 2019</strong></td>
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<td>September 4</td>
<td>September 11</td>
<td>September 18</td>
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<td>October 2</td>
<td>October 9</td>
<td>October 16</td>
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<td>October 30</td>
<td>November 6</td>
<td>November 13</td>
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<tr>
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<td>November 20</td>
<td>December 4</td>
<td>December 11</td>
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<tr>
<td><strong>Spring 2020</strong></td>
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<td></td>
<td>February 5</td>
<td>February 12</td>
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<td>March 4</td>
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<td>March 25</td>
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<td>April 1</td>
<td>April 8</td>
<td>April 15</td>
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<td>April 22</td>
<td>April 29</td>
<td>May 6</td>
</tr>
</tbody>
</table>

Food availability is based on a first-come, first serve basis. Bring bags to carry food. No proof of eligibility required.

To learn more about the Montgomery College's Fuel for Success Initiative or to register as a market volunteer, visit montgomerycollege.edu/fuefforsuccess. Students can register to volunteer at montgomerycollege.edu/givepulse.

**Contact**
Carmen Poston Travis: 240-567-5253
carmen.poston@montgomerycollege.edu
Benita Rashaw: 240-567-4389
benita.rashaw@montgomerycollege.edu
Student Health and Wellness Center for Success

UPCOMING EVENTS

Fuel for Success Food Campaign
Germantown Campus
Fall 2019 / Spring 2020

*Lunch on the Go
12 - 2PM
PK Atrium
September 24
BE Atrium
October 7
November 12
HT 1st Floor
February 4
March 23
April 28

*Mobile Market
10AM - 12PM
Outside of SA
*indoor weather location,
HT 2nd floor
September 4
October 2
October 30
November 20
February 5
March 4
April 1
April 22

*Grab & Go Snack Bags
12 - 2PM
Outside of SA/HS Near Bookstore
September 10
October 23
PK Atrium
December 10
HT 1st Floor
January 29
March 3
May 5

Follow us on social media for more updates:

@mcshawcenter @centershaw @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Student Health and Wellness Center for Success

UPCOMING EVENTS

Rockville Campus

Fall 2019 / Spring 2020

*With the exception of Mobile Markets, offerings are for students only and are distributed on a first come, first serve basis.

Lunch on the Go
12 - 2PM
SC Atrium

September 25
October 15
November 19

February 6
March 24
April 23

Mobile Market
10AM - 12PM
North Garage

September 11
October 9
November 6
December 4

February 12
March 18
April 8
April 29

Grab & Go
Snack Bags
12 - 2PM
Outside of TA/CC near café

September 12
October 23
December 9

January 30
March 2
May 7

Follow us on social media for more updates:

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@centershaw
@mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Student Health and Wellness Center for Success

UPCOMING EVENTS

Fall 2019 / Spring 2020

Fuel for Success Food Campaign

TP/SS Campus

*With the exception of Mobile Markets, offerings are for students only and are distributed on a first come, first serve basis.

Lunch on the Go

12 - 2PM
ST Atrium

September 26
October 8
November 21

February 11
March 25
April 27

Mobile Market

2 - 4PM
ST Atrium

September 18
October 16
November 13
December 11

February 19
March 25
April 15
May 6

Grab & Go Snack Bags

12 - 2PM
ST Atrium

September 5
October 24
December 3

January 28
March 9
May 12

Follow us on social media for more updates:

@mcshawcenter @centershaw @mcshawcenter

To learn more about the Student Health and Wellness Center visit: montgomerycollege.edu/life-at-mc/student-health-and-wellness/
Fuel For Success
Food Campaign
Panera Baked Goods

Sponsored by the SHaW Center Fuel for Success Initiative in collaboration with the Office of Student Life.

<table>
<thead>
<tr>
<th>RV</th>
<th>GT</th>
<th>TPSS</th>
</tr>
</thead>
<tbody>
<tr>
<td>What's Happening Window</td>
<td>Outside of HS011</td>
<td>Contact TPSS Student Life</td>
</tr>
<tr>
<td>CC106</td>
<td>10am-11:15am</td>
<td></td>
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<tr>
<td>11am-1pm</td>
<td>9/10</td>
<td>9/17</td>
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<td>9/3</td>
<td>10/1</td>
<td>10/8</td>
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<td>9/24</td>
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<td>12/10</td>
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</tbody>
</table>
The MC Mentoring Network

Who is a Mentee?
Having a mentor can contribute to a successful and satisfying career. Without a mentor, learning occurs mostly through trial and error. Being a mentee shortens the learning curve for acquiring new skills and knowledge for a fruitful career.

Benefits to the mentee:
- Maximize your strengths
- Expand your personal network
- Discover new talents
- Academic and career satisfaction

Request a mentor or request to be a mentor at the MC Mentoring Network website today!

Contact Angela Dawson at
angela.dawson@montgomerycollege.edu or 7-9189
## Fall 2019 Mentoring Orientation and Training

All sessions are from 1:00pm-2:00pm

<table>
<thead>
<tr>
<th>Dates</th>
<th>Session Title</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 12, 2019</td>
<td>“Role of a Mentor: The importance of mentors for student success”</td>
<td>SC152, Rockville</td>
</tr>
<tr>
<td>Tuesday, September 17, 2019</td>
<td>“Mentor Skills and Competencies: Foundational skills for effective mentoring</td>
<td>SC152, Rockville</td>
</tr>
<tr>
<td>Friday, October 11, 2019</td>
<td>“Role of a Mentor: The importance of mentors for student success”</td>
<td>HS214, Germantown</td>
</tr>
<tr>
<td>Tuesday, October 15, 2019</td>
<td>“Mentor Skills and Competencies: Foundational skills for effective mentoring</td>
<td>HS214, Germantown</td>
</tr>
<tr>
<td>Thursday, November 7, 2019</td>
<td>“Role of a Mentor: The importance of mentors for student success”</td>
<td>HC124, Takoma Park/Silver Spring</td>
</tr>
<tr>
<td>Tuesday, November 12, 2019</td>
<td>“Mentor Skills and Competencies: Foundational skills for effective mentoring</td>
<td>HC124, Takoma Park/Silver Spring</td>
</tr>
</tbody>
</table>

Register for the session(s) at https://www.surveymonkey.com/r/MentoringNetworkTraining
BIITB Training

Help create a Culture of Respect at MC by becoming a BITB Trainer.

BITB training teaches bystanders how to safely intervene before, during, and after an incident of sexual violence, domestic violence and stalking.

- Interactive, researched, and evaluated curriculum that uses a community of responsibility approach.

Contact Angela Dawson, VAWA Coordinator, for more information at
Promoting Healthy Relationships and Safe Learning at MC!

10 SIGNS OF AN UNHEALTHY RELATIONSHIP

1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTLING
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY

10 SIGNS OF A HEALTHY RELATIONSHIP

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY

Safety Planning can save LIVES!!!

- Are you in a healthy relationship? Take the quiz to find out: [https://www.loveisrespect.org/printable-quizzes/](https://www.loveisrespect.org/printable-quizzes/)
- Are you a good partner? Find out at [https://www.loveisrespect.org/printable-quizzes/](https://www.loveisrespect.org/printable-quizzes/)
- Do you have a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you’re in danger (Safety Plan)? If not, get your Safety Plan at [https://www.loveisrespect.org/for-yourself/safety-planning/](https://www.loveisrespect.org/for-yourself/safety-planning/)

Please contact Angela Dawson, VAWA Coordinator for assistance or referral to resources, 7-9189 or angela.dawson@montgomerycollege.edu

SpeakUpMC
Voices Against Sexual Violence

Follow Us on Social Media For Upcoming Events, Volunteer Opportunities, Important Health and Wellness Information.